



# NEWS RELEASE

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FOR IMMEDIATE RELEASE

## City of Las Vegas July 2009 Senior Special Events

All activities are subject to change. Call to verify times and dates. List is not all-inclusive. All facilities offer exercise, fitness, craft, arts, dance, music and computer classes; cards; games; discussion and social groups Monday through Friday. Call centers near you for complete list of classes and activities. Most activities require \$2 annual membership to city of Las Vegas Senior Citizen Programs. Centers are closed July 3-4.

### **Free Blood Pressure Checks** (ages 50+)

Mondays, 8:30 to 9:30 a.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

### **Tuesday Night Dances** (ages 50+)

Tuesdays, 5 to 8 p.m.

Fee: \$4

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Enjoy this ballroom dance social with live music from Boyd Coulter and his band!

### **Free Snow Cone Fridays** (ages 50+)

Fridays, 8 a.m. to 4 p.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Cool off with a free, yummy snow cone Fridays in July, August and September.

### **Free Amputee Coalition of Nevada Meeting** (ages 50+)

2<sup>nd</sup> Friday of each month, 1 p.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

### **Free Line Dancing** (ages 50+)

Thursdays at 2 p.m. and Fridays at 10 a.m.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

### **Old Movies Weekly Series** (ages 50+)

Fridays, 10 to 11 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

### **Lieburn Breakfast Nook** (ages 50+)

Wednesday, July 1, 8:30 a.m. Register by June 24.

Fee: \$2

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Enjoy freshly cooked breakfast specialties, freshly ground coffee, juice and great company.

### **Free Yankee Doodle Dash** (ages 50+)

Wednesday, July 1, 8:30 a.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Enjoy a one-mile fun walk and a steady stroll inside the air-conditioned ballroom. Register for the Red, White & Boom Breakfast afterward.

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**AARP's Driver Safety Program** (ages 55+)

Fee: \$12 for AARP members, \$14 for non-members. Pre-registration required. Call toll-free 1-888-227-7669 to register. Classes may be canceled for lack of enrollment. Nevada law allows for a discount on auto insurance premiums when course is completed. Register at least one week in advance.

Wednesday and Thursday, July 1-2, 9 a.m. to 1 p.m. Must attend both sessions.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Monday, July 13, 8 a.m. to 4 p.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Monday and Tuesday, July 13-14, 1 to 5 p.m. Must attend both sessions.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Wednesday and Thursday, July 15-16, noon to 4 p.m. Must attend both sessions.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Thursday, July 16, 9:30 a.m. to 4:30 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Saturday, July 18, 8:30 a.m. to 4 p.m.

Gibson Community School, 3990 W. Washington Ave., (702) 229-5096.

Tuesday and Wednesday, July 28-29, 3 to 7 p.m. Must attend both sessions.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

**Red, White and Boom Breakfast** (age 50+)

Wednesday, July 1, 9 a.m. Advance registration required by June 24.

Fee: \$2

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

**Bunco Bonanza** (age 50+)

Wednesday, July 1, 11 a.m. Preregistration is required. Space is limited.

Fee: \$3

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Enjoy a light brunch and a fun afternoon playing Bunco. Prizes awarded.

**Hoagie Wednesday** (ages 50+)

Wednesday, July 1, 11 a.m. to noon. Please register at least one week in advance.

Fee: \$3 per meal

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Enjoy a homemade hoagie, served with a cup of soup, dessert, pickles and chips.

**Independence Day Potluck** (ages 50+)

Wednesday, July 1, 12:30 p.m.

Fee: Bring a dish to share. Sign up at the front desk for what you will bring.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

**Ward 5 Coffee Event** (adults)

Thursday, July 2, 9 to 10 a.m.

Starbucks, 751 N. Rancho Drive at Bonanza Road, Suite 110

Ward 5 residents are invited to join Councilman Ricki Y. Barlow to discuss their concerns.

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**Free Name That Tune Game (ages 50+)**

Thursday, July 2, 10 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Test your knowledge and have fun enjoying music from the '50s to present.

**Free Lieburn New Member Orientation (ages 50+)**

Thursday, July 2, 2:30 p.m.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Meet the center staff and discover all the available activities.

**Free Doolittle Cinema & Popcorn (ages 50+)**

Monday, July 6, 1 p.m. Call for movie title.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125

**Beginning Picasa Photo-Editing Workshop (age 50+)**

Monday, July 6, 1 p.m. Advance registration required.

Fee: \$5.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Picasa computer workshop teaches you to enhance your photos.

**Kabuki Cranium on the Wii Patio Party (ages 50+)**

Monday, July 6, 2:30 to 4 p.m. Register in advance.

Fee: \$1

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Beat the afternoon blahs with fun at a patio party.

**Free Blood Pressure Check (ages 50+)**

Tuesday, July 7, 9 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

**Breakfast & A Movie (ages 50+)**

Tuesday, July 7, 10 a.m. to 2:30 p.m.

Fee: \$2 transportation fee plus cost of breakfast and movie.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Enjoy breakfast and a movie at a local casino.

**Free Community Legal Seminar (ages 60+)**

Tuesday, July 7, 10 to 11:30 a.m.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

An elder law attorney will conduct a free legal seminar on issues relating to seniors. Light refreshments will be served. No one-on-one appointments will be available at the seminar. Call for details. Space is limited.

**Clark County Senior Advocate Office Hours (ages 50+)**

Tuesdays, July 7, 14 and 21, 10 to 11:30 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

The senior advocate will be available to provide information on advance directives, living wills, long-term care insurance, medical assistance, Medicare, utility discounts, power of attorney, social service programs, fraud and safety awareness and transportation issues. No charge for assistance.

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**Free Health Is Wealth Workshop (ages 50+)**

Tuesday, July 7, 1 p.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Learn which foods to eat to help prevent or eliminate most diseases. Instructor has 48 years of experience as a pharmacist and teaches local college classes.

**Shopping at the Galleria Mall Day Trip (ages 50+)**

Wednesday, July 8, 9 a.m. to 3 p.m.

Fee: \$2 transportation fee plus cost of lunch and personal purchases.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

**Color Theory Art Workshop by Collin Pringle (ages 50+)**

Wednesday and Thursday, July 8-9, 9 a.m. to 4 p.m.

Fee: \$80

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

**Clark County Senior Advocate (ages 50+)**

Wednesday, July 8, 10:30 a.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

The senior advocate will render free assistance. Call for an advance appointment.

**Sundae Wednesday (ages 50+)**

Wednesday, July 8, noon to 1 p.m.

Fee: \$3

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Enjoy make-your-own, all-you-can-eat, ice cream sundaes.

**Wiener Wednesday (ages 50+)**

Wednesday, July 8, 12:30 p.m.

Fee: \$8

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Enjoy hot dogs straight off the grill, potato salad, baked beans and dessert.

**Cool Whip Creations Cooking Workshop (age 50+)**

Wednesday, July 8, 2 to 4 p.m. Advance registration required.

Fee: \$2

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

**Free Healthy Eating Seminar (ages 50+)**

Thursday, July 9, 10 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

**Free Park Ambassadors Meeting (ages 50+)**

Thursday, July 9, 10 a.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Being a park ambassador gives you an opportunity to be of service to your community by helping keep parks safe for everyone. Call for information.

**National Ice Cream Month Celebration (ages 50+)**

Thursday, July 9, 11:30 a.m. to 1:30 p.m.

Fee: \$1

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Make your own ice cream sundae!

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**Free Toenail Trimming Clinic** (ages 50+)

Thursday, July 9, 11:45 a.m. to 12:45 p.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

First-come, first-served, limited to 15 people.

**Mt. Charleston Hike** (ages 50+)

Friday, July 10, 8 a.m. Advance registration required.

Fee: \$2 transportation fee. Bring lunch and water.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Advanced-level hike includes National Park Service presentation of history and biology of mountain range.

Bring lunch, water, hat and wear appropriate clothing and shoes.

**Gilcrease Orchard Day Trip** (ages 50+)

Friday, July 10, 8 a.m. to noon.

Fee: \$2 transportation fee plus cost of fruit.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Pick fresh fruit growing in the orchard.

**Free Blood Pressure and Heart Rate Checks** (ages 50+)

Friday, July 10, 10 a.m.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

**Ferdinand the Bull Day Trip** (ages 50+)

Friday, July 10, 10:30 a.m. Advance registration required. Space is limited.

Fee: \$2 transportation fee plus \$3 ticket

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

**CSI Unit Day Trip** (age 50+)

Monday, July 13, 10 a.m. Advance registration required. Space is limited.

Fee: \$2 transportation fee plus cost of lunch.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Learn about what goes on behind the scenes in a crime scene investigation unit.

**Bingo Bash** (ages 50+)

Monday, July 13, 11 a.m. Advance registration required. Enjoy lunch and play Bingo.

Fee: \$5

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

**Free Digital Camera Club Meeting** (ages 50+)

Monday, July 13, 1 to 3 p.m.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Discuss tips and tricks, learn about new technology, share photos and go on photographic field trips.

**iTunes Workshop** (ages 50+)

Tuesday, July 14, 9-11 a.m. Advance registration required.

Fee: \$2

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Turn your CDs into digital files using iTunes.

**Free Nevada State Contractors Board Presentation** (ages 50+)

Tuesday, July 14, 11 a.m. to noon

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

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**World Cuisine Cooking Club** (ages 50+)

Tuesday, July 14, 1 to 3 p.m. Register by July 7.

Fee: \$2

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Learn recipes from exotic places around the world. Sampling mandatory!

**Grits with Toast Day** (ages 50+)

Wednesday, July 15, 9 to 11 a.m. Register by July 8.

Fee: \$1

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

**Monthly Breakfast** (ages 50+)

Wednesday, July 15, 9 a.m. Advanced registration required.

Fee: \$3

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Enjoy All-American stuffed French toast. Earn a \$1 discount if you attend the Tighten & Tone class that precedes the breakfast.

**Monthly Breakfast** (ages 50+)

Wednesday, July 15, 9:30 a.m. Advanced registration required.

Fee: \$5

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Enjoy eggs, sausage and fresh fruit.

**Red, White & Blue Barbecue Luncheon** (ages 50+)

Wednesday, July 15, 11:30 a.m. to 1 p.m. Advance ticket purchase required.

Fee: \$4

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

**NBA Summer League** (ages 50+)

Wednesday, July 15, noon to 4 p.m. Advance registration required. Space is limited.

Fee: \$2 transportation fee.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Enjoy this exciting excursion to the pro basketball games in Las Vegas.

**Photobooks Workshop** (age 50+)

Thursday, July 16, 9 a.m. Advance registration required by July 9.

Fee: \$5.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

**Monthly Cultural Cuisine** (ages 50+)

Thursday, July 16, 1 p.m. Register by July 9.

Fee: \$3

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Learn to make Indian vegetable curry.

**Encore Scavenger Hunt** (ages 50+)

Friday, July 17, 9 a.m. Register in advance. Space is limited.

Fee: \$2 transportation fee, plus cost of lunch.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Investigate the Encore, answer trivia questions and find out interesting details.

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**Breakfast Buffet & Movie** (ages 50+)

Friday, July 17, 9 a.m. to 2:30 p.m. Register in advance. Space is limited.

Fee: \$2 transportation fee, plus cost of movie and breakfast at Texas Station Feast Buffet.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

**Independence Hall Luncheon** (ages 50+)

Friday, July 17, 11 a.m. Advance registration required at least two days in advance.

Fee: \$4

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

**Free Spin It Again Workshop** (ages 50+)

Friday, July 17, 2 to 4 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Convert your old records and tapes into CDs.

**Hoover Dam Power Plant Tour & Digital Camera Outing** (ages 50+)

Monday, July 20, 8:30 a.m. to 2 p.m. Advance registration required. Space is limited.

Fee: \$2 transportation fee plus \$9 for tour

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Bring your camera to photograph the Dam and enjoy lunch in Boulder City.

**Summer Craft and Tasting Workshop** (ages 50+)

Monday, July 20, 10 a.m. to noon. Register by July 13.

Fee: \$2

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Enjoy a red, white and blue dessert and origami art project.

**Soup/Salad of the Month Luncheon** (ages 50+)

Monday, July 20, 11 a.m. to 2 p.m.

Fee: \$2

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Enjoy pasta salad, dessert and beverage.

**Free Insurance 101 Workshop** (ages 50+)

Monday, July 20, 11:30 a.m. Advance registration required by July 13.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Light lunch included.

**Free Lieburn Lecture Series** (ages 50+)

Monday, July 20, 1 to 3 p.m.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Free refreshments, free education and priceless empowerment. Southern Nevada Health District presents "Safe Food Preparation."

**Monthly Texas Hold 'Em Poker Tournament** (ages 50+)

Tuesday, July 21, 12:30 to 4 p.m.

Fee: \$2

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Pit your skills against others in this monthly tournament.

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**Bunco Blast** (ages 50+)

Tuesday, July 21, 1 to 3 p.m.

Fee: Bring a new \$3 gift

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Enjoy playing Bunco for prizes. No experience necessary.

**Bunco and Dinner** (ages 50+)

Tuesday, July 21, 4 p.m.

Fee: \$5

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

**Studio B Day Trip** (age 50+)

Wednesday, July 22, 9 a.m. Advance registration required. Space is limited.

Fee: \$2 transportation fee plus cost of lunch.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

**Bunco** (ages 50+)

Wednesday, July 22, 1 to 3 p.m.

Fee: \$1.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

No experience or skill needed. Learn as you play. Win prizes and enjoy light refreshments.

**Free Water Balloon Tag** (ages 50+)

Friday, July 24, 9:30 a.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Individuals and teams get cooled off while trying to get as many points as possible. Combines tag and hide and seek, with a twist. Preregister by July 17.

**Free 6<sup>th</sup> Annual Lieburn Health & Wellness Fair** (ages 50+)

Friday, July 24, 10 a.m. to 2 p.m.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Participate in numerous free health checks, including bone density, blood pressure, hearing, vision and spinal screenings. Many nonprofit organizations and government service agencies will attend to offer information. Door prizes and refreshments will be available. Call 229-1600 for more information.

**The Salad Bar Luncheon** (age 50+)

Friday, July 24, noon. Advance registration required.

Fee: \$2

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Enjoy tuna-stuffed tomato salad, bread, dessert and a beverage.

**Ice Cream Social** (ages 50+)

Wednesday, July 29, 1 p.m.

Fee: \$3

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

**Free Monthly Birthday Celebration** (ages 50+)

Thursday, July 30, 11:30 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Enjoy cake as we honor seniors who have birthdays during the month.

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